

## Optimism in Life

Optimism in life is very important to achieve success and happiness. It has been observed that most of the successful people in the history of mankind were highly optimist. They practiced and preached optimism throughout their lives. One such example is of Prophet Muhammad (Peace be upon him), who always remained hopeful even in the darkest hours and eventually succeeded in his noble mission. Likewise, in more recent times, we see that behind every successful scientific breakthrough, there was a hardworking and a remarkably optimist scientist. For instance, Wright Brothers consistently tried to develop a flying machine despite criticism and challenges and later succeeded. Similarly, optimism is key to happiness whereas fears of a pessimist keep peace and harmony at a distance. Studies have proven that an optimist person leads a happier, longer life even in limited resources. In comparison to this, those who are resource-rich but are less optimist, live a tense life. That's the reason why fewer suicides are reported in those areas where media is not spreading pessimism. For instance, despite financial and socio-economic challenges, there are a few people in war-torn Afghanistan who attempted suicide in last decades. That's why optimism is a great blessing.